

Grief Counseling available for public

In light of recent events in Baton Rouge, the [Capital Area Human Services \(CAHS\)](#) is offering free discussions and information to help the public process these recent events.

Thursday, July 21 from noon to 1 p.m.
Helping Others Cope in Times of Tragedy

Thursday, July 21 from 6 p.m. to 7 p.m.
Managing Your Distress (in the Aftermath of a Shooting)

All sessions will be held at Capital Area Human Services located at 4615 Government Street, Building Two, Room 200.

The discussions will be led by John Nosacka, MSHCM, LCSW and Stephen Aguillard, LCSW-BACS, Director of Clinical Services. Mental health professionals will also be available afterwards to answer additional questions.

To speak with a crisis counselor 24/7, call the Office of Behavioral Health hotline at 1-866-310-7977.